

John Reeves, M.D.

## Your Hospital stay: Lumbar

Surgical date \_\_\_\_\_  
Time to arrive at the United Regional Bridwell Tower \_\_\_\_\_

Your surgery is scheduled to start approximately 2 hours after your arrival. This gives the hospital staff time to prepare you for surgery. If you are late your surgery may have to be delayed or cancelled.

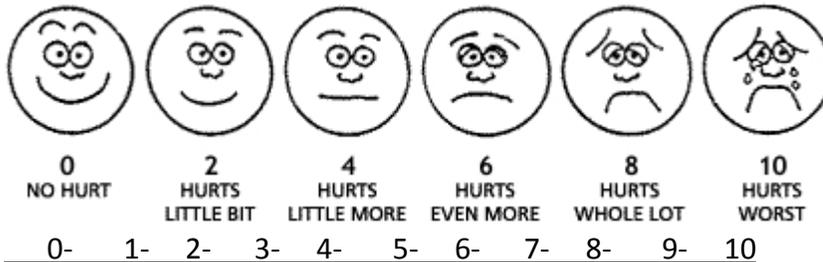
### **Do not eat or drink anything after midnight.**

If you are scheduled in the afternoon you may have one glass (4-6 oz) of clear liquid before 6 am. **If you normally take morning medication for your heart, high blood pressure, or seizures take your medication with a sip of water the morning of surgery.** If you are a diabetic please take the medication as your ordering doctor recommended.

- The morning of surgery you will check in as instructed during your pre-admission appointment.
  - You will be taken to a room where you will be readied for surgery. Your procedure will be verified, an IV started, you will put on a hospital gown and TED hose, if ordered.
  - You will have sequential (squeezey) hose on your legs, which are typically put on right before surgery and removed in recovery room or as soon as you are able to be up.
  - If you need any additional blood drawn it usually is done when your IV is started.
  - You will stay in your hospital room with your family, until the surgery is scheduled to start. At that time you will be moved to a surgical holding area before being taken to the surgical suite.
  - Your family will go to the surgical guest seating area where volunteers will keep them updated on your progress.
  - You will be in surgery 2 to 6 hours. After surgery you will go to recovery for **at least 1 hour** then will be transferred to a room.
  - The doctor will talk to your family after surgery. Your family may join you when you go to your room.
  - Please keep in mind that everyone tries to stay on schedule, however, surgery times do vary and sometimes surgeries are delayed due to unforeseen events.
-

### Following surgery:

- You will have a dressing on your lower back or flank.
- Your throat may be sore or scratchy from the breathing tube used during surgery.
- You may be fitted for a brace, which you will wear home.
- You may also have a drainage tube coming out of your back. This drainage tube is removed before you go home.
- You may also have a foley catheter in your bladder. If you do it will be removed as soon as you are able to get up and about.
- You can expect to walk the day of surgery or the next day. Nurses and/or physical therapists will assist you the first few times you get up, since you may be dizzy or unsteady.
- It is normal to have some pain, numbness and/or tingling sensations in the incision area, and in your legs. Please let the nurses and Dr. Reeves know about any discomfort you may be having. If you need pain medication or become nauseated please let the nurses know so you can receive your medication promptly, before it is severe.
- You should be familiar with the pain scale (VAS), the nurses will assess your pain frequently, this helps determine if your pain medication is effective.



0= no pain, 5=borderline tolerable and not tolerable, 10- the worse pain you can imagine, *your goal is 5 or less.*

**Discharge from the Hospital:** Your length of stay in the hospital will be determined by your progress and by your home situation. Normally you can expect to go home within 2 to 4 days after surgery. To go home, you must be able to get out of bed, urinate, tolerate fluids, and pain must be controlled. If you are having trouble getting up and down by yourself after 3 days, you may be asked to consider going to a rehab hospital for a few days before going home.